



U.S. National Library of Medicine
National Network of Libraries of Medicine



National Health Observances Toolkit: **March - Nutrition Month**

nnlm.gov/all-of-us

All of Us
RESEARCH PROGRAM

The
Future of
Health Begins
With You

Activate!

Program Summary

Good nutrition is an important part of leading a healthy lifestyle. ¹ Libraries can support nutrition and healthy eating by connecting their community with relevant health information to support healthy eating. Thinking about our connection to the food around us is also ways that we can think about issues of community access (or lack thereof) to healthy food, family connection to different types of foods, personal preferences to taste, and more. Here are some resources that provide information to support nutrition and healthy eating based programs in your library.

**BECAUSE
KNOWLEDGE
IS THE KEY
INGREDIENT
IN NUTRITION.**

**LIBRARIES
TRANSFORM[®]**
ALA American Library Association



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National Library of Medicine Resources

MedlinePlus, <https://medlineplus.gov/>, is a great resource for extensive consumer health information in both English and Spanish. MedlinePlus features hundreds of health topics, easy-to-read materials, including healthy recipes and dedicated nutrition page.

Outside Resources

Centers for Disease Control and Prevention (CDC), <https://www.cdc.gov/HealthyLiving/>, The Healthy Living section on the CDC discusses various health topics including general nutrition, food safety, diabetes prevention, and more.

Choose My Plate, <https://www.choosemyplate.gov/>, a resource from the United States Department of Agriculture, illustrates the five food groups that are the building blocks for a healthy diet.

Good and Cheap: Eat Well on \$4/Day, <https://www.leannebrown.com/cookbooks/>, is a cookbook for people on a limited budget. The author's website provides a free PDF version of the book which can provide additional recipe suggestions especially for people with limited income.

Nutrition.gov, <https://www.nutrition.gov/>, Nutrition.gov is a United States Department of Agriculture-sponsored website that offers credible information to help you make healthy eating choices.

¹ The U.S. Department of Health & Human Services, & President's Council on Sports, Fitness & Nutrition. (2017, January 26). Importance of Good Nutrition. Retrieved February 11, 2019, from <https://www.hhs.gov/fitness/eat-healthy/importance-of-good-nutrition/index.html#>

Collaborate!

Possible Partnerships

Nutrition programs can include many community partnerships and extension activities. Some examples include:

- Collaborations with local grocery stores - reaching out to the dietician at your local grocery store may be an easy way to provide a knowledgeable guest speaker to a program. They can provide insight and tips for the community with knowledge of what is available in the local store.
- Local restaurants, farmers, or food-focused community organizations - many restaurants and organizations focused on food justice will do outreach to spread the word about their own organization while also providing education to the community.

Educate!

Relevant NNLM Trainings

Information about NNLM Trainings, <https://nnlm.gov/training>, and full course descriptions can be found online. Many of the courses are offered throughout the year online; however, feel free to reach out to your local NNLM representative to discuss the possibility of in-person training for your library. NNLM course offerings include:

- Beyond an Apple a Day: Providing Consumer Health Information at Your Library
- Food for Thought: Exploring Nutrition Information Resources
- Stand Up for Health: Health and Wellness Services for Your Community for Public Libraries

Program Plan

Healthy Potluck (or Healthy Recipe Swap)

The purpose of this program is to provide a casual space for people to discuss nutrition, share their favorite healthy potluck dishes, and learn more about healthy eating. This program can be performed as a healthy potluck, where community members bring a healthy dish to share with others. It can also be planned as a healthy recipe swap, where community members can share their favorite nutritious recipes and compile into a neighborhood healthy cookbook. The library can supply additional health information by providing print materials of MedlinePlus which has nutrition and healthy recipes as well as doing short tutorials of how to use MedlinePlus during the program. Programs can be supplemented by a nutrition-focused guest speaker to provide a short informative presentation while people eat.



Resources

- A space to host the event
- Tablets or printed flyers with MedlinePlus information
- Index cards to write recipes -libraries can plan to make copies or to compile all the recipes in a book for attendees.

Audience

Adaptable to various ages

Planning

Prepare a room where attendees can feel comfortable with eating but also makes it easy to socialize, for example group tables or large circular tables. Provide table space to place the potluck items.

Marketing

This is also a great event to focus on a theme, special time of year (healthy holiday cooking, healthy snacks for kids), sharing family recipes, or National Nutrition Month in March.

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